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- (71) Applicant (for all designated States except US): **PROBI AB [SE/SE]; Sölvegatan 41, S-223 70 Lund (SE).**
- (72) Inventors; and
- (75) Inventors/Applicants (for US only): **BERGGREN, Anna [SE/SE]; Tulpanvägen 9, S-240 32 Flyinge (SE). JOHANSSON, Marie, Louise [SE/SE]; Flygelvägen 14, S-224 72 Lund (SE). LARSSON, Kåre [SE/SE]; Norra Villavägen 7B, S-237 34 Bjärred (SE). LINDBERG, Anne-Marie [SE/SE]; Källarekroken 6, S-226 47 Lund (SE). WIKLANDER, Jörgen [SE/SE]; Älta Strandväg 31, S-138 33 Älta (SE).**
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(54) Title: **NEW COMPOSITION**

(57) Abstract: The invention describes a sports drink, which in addition to conventional additives contains viable lactobacilli having a positive effect on human intestinal mucosa. The sports drink preferably also contains micronutrients and proteins. The invention also refers to a tablet for the preparation of such a sports drink, containing viable freeze-dried lactobacilli in combination with micronutrients. In addition to providing liquid and nutrients replacement, the sports drink also relieves the stress symptoms, which are associated with long physical exercise.

WO 00/70972 A1